

Valley Residents Present Alternatives to Home Depot

by Steve Glumaz

More than 200 people turned out Nov. 13 at the Visitacion Valley Community Center to learn and voice their concerns about the potential Home Depot hardware giant moving into the neighborhood.

Conducted by the Visitacion Valley Planning Alliance, an organization dedicated to improving community standards, people of the community asked what benefits they were ready to receive in exchange for advocating approval to the City and County of San Francisco for the Home Depot to be built.

Members of the planning alliance and a majority of a show of hands--from average citizen to successful business tycoon--were in accord that Home Depot personnel reevaluate their position by building businesses connected to their proposed 108,000 square-foot, 14 acre outlet.

Certainly such an enormous project could be secured to not only preserve the character of the community, but give future generations within the opportunity for their children to thrive in an environment dedicated to proper growth, attendees proclaimed. The Home Depot plan calls for 200-225 jobs.

Urban Ecology, an organization devoted to making cities more livable by designing alternative ways in which land use could benefit residence and employers, created two plans for the proposed Home Depot project.

Based on 400 survey responses,



Visitacion Valley residents filled the gymnasium at the Community Center to listen to community alternatives to the proposed Home Depot plan.

Urban Ecology assigned 10 architects as planners to design ways for the site that best accommodate the retail priorities of Visitacion Valley residents.

At the former Schlage Lock site, Home Depot proposes to demolish the existing buildings while earmarking the southern portion of the property for parking while Urban Ecology's *Concept #1* calls for trajectory oriented mixed use of the property. A City College extension would be erected, with creation of a farmers' market, a supermarket, a day care center and even room for additional retail. Full use could provide more than 800 new jobs, about four times more than proposed by the Home Depot plan.

In another Urban Ecology plan, *Concept #2* predicts the creation of 788 new jobs and includes a new cinema, which when described to those in attendance produced cries of delight and smiles galore.

A final consensus was agreed upon in regards to representation from city officials when people were encouraged to write letters to let Mayor Willie Brown know exactly what the community wants.

One Valley resident said, "...he promises a whole lot..." while another stated, "I think it's very important to have the mayor here for at least 30 minutes to hear the plan and what the community wants...not one of his staff members..."

Making a Difference in the Valley

by Steve Glumaz

Within the Visitacion Valley community exist a unique band of professionals making a positive impact in the lives of those who call Visitacion Valley home.

Never mind that these professionals possess advanced degrees or years of meticulous empirical service. What stands out here is rather than seek extreme salaries which they can attain someplace else, their reward lies in the personal satisfaction of aiding others inconvenienced by financial, educational, emotional and language restraints.

"I feel a sense of satisfaction to help seniors who are often viewed as invisible in this society," said Frank Mok, information and referral specialist for the Visitacion Valley Senior Center, District 7. "Me in my profession working for a non-profit organization--it's difficult because I have a Masters and the government believes you should make more money. It's very twisted logic."

Born in Hong Kong, Mok arrived in the U.S. in 1990 and began Santa Monica Junior College earning a two-year general education degree. Then accepted to Minnesota State University, Mankato, he majored in Sociology with a minor in Criminal Corrections. Fluent in speaking four different Chinese dialects, Mok went on to secure a Cultural Studies Masters of Art in Sociology from the same school.

Venturing west to San Francisco, he began his career as a youth program coordinator for the Visitacion Valley Beacon Center, a community resource and aid organization.

Mok's duties include preparation and translation of documents, and referral support for the community's elderly who often have no one to aid them in comprehending things.

According to Mok, people in society have forgotten about the elderly and in his capacity, he can help them while at the same time preserving their piece of mind.

Lea Smith, a teacher at San Francisco City College, an established writer, and a community parks organizer whose expertise lies in teaching English as a Second Language, continues to find her two years teaching ESL in Visitacion Valley rewarding.

"Since I'm an ESL teacher, I'm constantly connected with immigrants," said Smith. "It's my second year at the Beacon and teaching ESL connects my teaching with community work. By teaching a credit and non-credit volunteer program at Visitacion Valley Middle School, I feel a different sort of personal reward than at City College."

According to Smith, her strength in community was derived as a result of her advocating to members of her Portola neighborhood and beyond,

the importance of using city parks to strengthen family and neighborhood ties.

According to Smith, "Immigrants really don't have a say in our city parks because a language barrier between those employed by the parks exists. As an ESL teacher, I learned that groups of different immigrants are the only ones using the parks and tend to keep to their own, so I gave them tickets to the zoo and they went together. What a community connection, and to do that kind of thing is rewarding to see."

"Being a teacher is like being in social services--the cops and firefighters. It's not something you leave, but take home with you. I'm still connected to the community by grading the papers of my students, so it (the job) turns out to be more like a rewarding hobby."

Smith attended Marin Junior College where she majored in English and minored in Film. In 1980, while at UC in Los Angeles, Smith earned a BA in English. She secured a Master of Education degree from the University of San Francisco in 1984.

On Nov. 3, the Asian Law Caucus (ALC), an incorporated law firm, provided legal counsel at no charge to clients at the Visitacion Valley Community Center. Representing the firm was attorney Khin Mai Aung, a former intellectual property case lawyer who joined the ALC to work with a more human element--community citizens and merchants.

"The more southern part of the city is under served and because the Visitacion Valley area is further from our different financial district clinics, we didn't do much here," said Aung. "We don't limit our expertise. We give everybody general and referral advice, mostly to immigrants."

According to Aung, ALC is dedicated in aiding those with concerns involving housing disputes, immigration situations, public benefit counseling and representation, consumer fraud--especially against the elderly, and healthcare plan executions.

Aung and her organization possess a proven track record with the citizens and merchants of the Visitacion Valley community. A clinic was once positioned across from the now-demolished Geneva Towers for people to communicate their legal affairs. A drop in foot traffic spawned what is now the ALC's rotating clinics, which allows Aung to reach more people requiring legal aid; her desire.

Aung, graduated from Georgetown University in 1993 with a BA in International Relations and minor in Asian Studies. She earned a law degree from UC Berkeley in 1996.

Working with immigrants in the Washington, D.C. area helped forge her professional desire to work with people in the community.

Senior Survival School Completes Sessions at VVCC Senior Center

by Alice Smith

Representatives from the District Attorney's Office, Social Security Office, Legal Assistance to the Elderly and Senior Escort were in attendance for the final session of Senior Survival School on Nov. 22 at Visitacion Valley Senior Center to give information to senior participants about their program and services.

During four Monday afternoon classes in November, participants received information relating to a number of topics including housing, food stamps, CAPI, medical, transportation, senior safety, and crime and prevention.

Commissioner Ray Del Portillo of the Commission on the Aging gave a graduation address and later presented each participant with a certificate, red rose and lapel pin. Class photos and individual photos were also taken with Del Portillo.

Musical entertainment provided by the San Francisco Chinese Cultural Music Institute under the direction of John Choy and featured guest soloists. Ai Qun Li, performed *China Will* and *Love* in Cantonese,

while Vincent Gagliardo performed *China Nights* in Japanese. Both Li and Gagliardo were students of the Survival School and were each photographed in caps and gowns--a very emotional experience.

Of course, no graduation would be complete without cake, sparking cider and champagne served to everyone in attendance.

Translation was provided to the monolingual seniors during the Survival School.

Senior Central District #7 thanks Commissioner Del Portillo, Planning for Elders in the Central City, Julie Baron, Shelly Stefanik, the service agencies and their presenters for assisting in the Senior Survival School while making it meaningful to seniors able to participate.

Thanks are also given to John King Senior Center for transporting students both to and from Survival sessions, as well as John Choy, Ai Qun Li, Vincent Gagliardo and Hong Kang Yuan for providing musical selections and entertainment.

A special *thank you* is also extended to seniors at Visitacion Valley Senior Center and Pat Crocker, Senior Program Director.

Donation Program Brings Books to Library Branches

In response to a concern expressed by a citizen at a San Francisco neighborhood meeting with Mayor Willie Brown, the Books to Branches Fund of the SF Public Library has developed a new program.

The Library offers book lovers an opportunity to be personally involved in strengthening the collection at their favorite library branch while at the same time acknowledging a friend, loved-one or colleague with a personalized bookplate to be

displayed on the inside cover of a newly purchased book.

In return for a tax-deductible donation of \$25 or more, the library will purchase a book (or books). If the donation is a memorial in the name of someone who is deceased, or honors someone's birthday, anniversary, retirement, etc., the library will create a bookplate especially for the person to be acknowledged. In addition, if desired, the library will notify the honoree of the purchase in their name

through an acknowledgement letter from the City Librarian.

Donations can also be made without the bookplate feature. A book purchase will be made for the Library's collection and the donation will be tax-deductible.

Donations can be made in cash or by personal check. Donor forms will be available from library staff at the Main and at all 26 branch libraries.

Bison Enthusiasts to Mark 100 Years in Golden Gate Park

Celebrating 100 years of bison life in Golden Gate Park's West End, the Tatonka Buffalo Festival will be held Sunday, Dec. 12 from 1-3 p.m. at the Golden Gate Park Senior Center on Fulton Street between 36th and 37th avenues.

Historical background on the animals' move to the West End in 1899 will be presented as will updates on future renovations and pasture management in the paddock. Information will also be provided about bison in Yellowstone National Park, where these animals were exchanged with San Francisco at the turn of the century when only five cities had a captive breeding program.

Mayor Brown Visits Neighborhood Church

by Gerry L. Galvan

Mayor Willie Brown made a guest appearance at St. James Presbyterian Church at 11:30 a.m. on Nov. 21, shortly after Jerry O. Resus, the pastor, had delivered a Sunday worship message.

Seeking a second term in a Dec. 14 runoff election against Board of Supervisors President Tom Ammiano, Brown quickly summarized his administration's accomplishments during the preceding four years, mostly in line with his campaign slogan, "Compare and Decide."

Brown also emphasized that extensive renovation is currently being planned for three playgrounds in Visitacion Valley.

A Journey Through the Holy Land

by Gerry L. Galvan

A mixture of festive and anxiety laden mood reflective of the jet age's anticipation of what lies ahead with the advent of a new millennium pervades in the Holy Land.

The mental process becomes more intense as the clock ticks closer and closer to 12 o'clock midnight on December 31, 1999, and with security at Jerusalem's holy shrines and mosques being beefed-up as a precaution to threats by religious fanatics reported to have plans of starting global trouble through destruction of Christian, Jewish and Islamic shrines inside the Old City.

Such was observed by your reporter who joined wife Violeta and 19 other travelers on an 11-day tour of a hefty number of Old and New Testament sites: some still in their original design and structure and others in ruins.

Whether on the once-upon-a-time battleground of Megiddo, or King Solomon's stable ruins or at the holy ground by the wailing wall in Jerusalem, one could experience a uniquely awesome feel of divinely presence unheard of anywhere around the world.

Tourists have been coming to Israel for several months to celebrate with the Israeli nation the important event of ushering in Millennium 2000. The last two weeks of 1999 and the first two weeks of the new year will witness the largest influx of world travelers into what was known

in Old Testament times as Canaan, the Promised Land, and now widely identified as Israel.

My group's tour guide, a strong-willed Jewish man who could answer questions on Israeli history, geography, topography, theology on the three faiths: Christianity, Judaism and Islam either in English, Spanish, Hebrew, Italian or Bulgarian,

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Reporter Gerry L. Galvan and wife Violeta stop briefly for a portrait.

GRAPEVINE MAILBOX

Millennium Fears Are Addressed at Meeting

Dear Community Member,

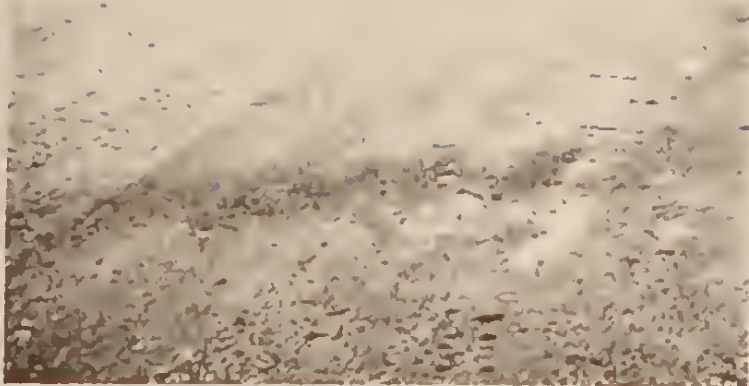
Ingleside Police District celebrated Halloween without major mishap. Halloween is the traditional kick-off for what is always an extremely busy time of year for everyone. This year in particular will present additional concerns due to the Millennium. The guest speaker at the Oct. 19 meeting was Ms. Hashima from the City Attorney's office. Ms. Hashima addressed many of the safety concerns in her interesting presentation. In a follow-up telephone conversation she mentioned the increased in bank frauds which have also been occurring city wide due to the Millennium fears.

Apparently, con artists have been telephoning bank customers requesting they furnish them with account numbers. This request suggests that they need the account numbers to protect the account from computer crashes. NEVER give any personal information about yourself or your accounts over the phone in response to telephone solicitations. Another scam has been for salesmen to come to the door to sell a "book safe." This is a locked book which one can secure money and other valuables in and place with existing books. The phony salesmen then return a short while later and take the book and it's valuable content during a burglary.

Street robberies always increase at this time of year. We have already experienced an increase in the district.

Being aware of your surroundings, trusting your instincts, crossing the street or going into an occupied store if you are uncomfortable and traveling with companions will go a long way toward protecting yourself. Avoid carrying large sums of money in your purse and leave valuable jewelry at home will lessen your losses in the event of a purse snatch. During the remainder of the year we will be operating undercover and uniformed operations directed toward preventing these types of incidents which mar this season.

Sergeant Phil Fee has assumed responsibility for the Crocker-Amazon Park. He has, in concert with the community, arranged for the new signs which have been posted and is following up on the logs to protect the grassy areas. Sincerely, Captain Marsha Ashe
Ingleside Police District



Pavement markings alerting motorists to the adjacent Visitacion Valley Middle School have not been repainted in quite some time.



Two blocks south at Visitacion Avenue and Sawyer Street, what remains of a warning sign hit by a vehicle lies in the middle of the street.

Unsafe Pedestrian Crossings Near Valley Middle School

Following is a letter sent Nov. 15 by Principal Jim Dierke of Visitacion Valley Middle School to Bond Yee, deputy director of the San Francisco Department of Parking and Traffic.

Dear Mr. Yee,

I am writing you as to the condition of the crosswalks, school crossing marks and stop sign paint marking in the area surrounding Visitacion Valley Middle School, Elliot Street, Visitacion Avenue, Raymond Avenue and Sawyer Street. Some of these areas need repainting and some need new installation of signs and markers.

As you drive up Sawyer Street at Visitacion Avenue, the crosswalk markings need repainting. In the middle of the next block of Sawyer Street at Leland Avenue, the School Xing paint is almost invisible. Several of the school Xing signs are missing in this area.

The School Xing street markings on Raymond Avenue in front of the school are not visible. Along Visitacion Avenue near our back gate there are no

signs indicating a school crossing nor are there any street markings in either direction. This is a 40-mile-an-hour street, and we need to let drivers know that there is a school in the area. The same conditions exist on the Elliot Street side of our campus; no signage or markings are visible on Teddy or Arleta avenues.

I would like to meet with a representative of your office to discuss what can be done to improve these unsafe conditions. It appears that no ongoing repair work or repainting of existing marking has been done in this area for a very long time. Your immediate attention is requested to assist in improving these unsafe conditions for the students who attend my school.

Your staff has given me the phone numbers for missing signs and repainting but I feel that a representative from your department should come out and review the problems with me so that all the concerns can be addressed.

Thank you for your interest in the safety of our school children.
James Dierke, Principal

cc Emanuel Haile, TED, SFPO Ingleside Station, Captain Ashe, SFPTA Lou Gilder, President, Judith Kell, Associate Superintendent, Middle School Division

Beacon Centers Enriching Our Communities

by Mayor Willie Brown

None of us can be productive citizens if we're constantly worried about finding quality care and opportunities for our children.

I learned the value of education early on at a segregated school in the tiny town of Mincola, Texas. Education has been central to my career, and I view education and providing opportunities for our youth as a vital role of government.

That's why over the last four years we've built the Excelsior Youth Center, increased funding for youth job-training by 250 percent, opened the first child-care center at City Hall, and increased child-care funding from \$2 million to \$20 million.

In the next four years, we will be initiating a number of new programs, including the creation of 2,700 new child care slots with city funding and leveraged state and federal funds. We have set aside \$10 million in HUD funding to renovate and expand our child-care centers; we will launch a project to reduce African-American infant mortality, and we'll begin to educate our youth on violence and substance abuse at schools, using a \$2.7 million "Safe Streets" grant.

A primary benchmark for measuring a city's livability is the quality of its public schools. And, while city government has no control over the system itself, we have a civic obligation to be involved and help out where we can. In September, for example, we held a citywide "Increase the Peace" Day to talk about school violence and conflict resolution.

Earlier this month, we provided \$675,000 to bail out the elementary school arts programs, and we're lobbying at the state level to ensure that this program continues. Unfortunately, California ranks dead last in the nation in resources allocated to our public schools. So, in order to take up the slack, we're working with Acting Superintendent Linda Davis, Board President Juanita Owens, and others in the school district on an innovative "Adopt-a-School" program to create partnerships between individual schools and local corporations. We've enjoyed great success with firms in establishing "Adopt-a-Child-Care-Center" partnerships, and I'm confident that we can do the same for our public schools.

I am especially proud of our Beacon School programs. The Department of Children, Youth, and Their Families (DCYF) brings together parents, neighborhoods, city leaders and agencies, the school district, the business community, and community organizations to promote the well-being and development of San Francisco's youth. Through city-wide policy and funding initiatives totaling more than \$24 million, DCYF serves more than 55,000 children, youth, and adults with programs that enrich our youth and communities, including the successful establishment of our San Francisco Beacon Centers.

The San Francisco Beacon Initiative began in 1994, when a broad-based group of representatives came together to develop a city-wide strategy for promoting the healthy development of children, youth, and their families. Beacon Centers are school-based, extended-hour sites that offer year-round programs in career development, youth leadership, arts and recreation, educational support, and health. Led by the Beacon Initiative Steering Committee, the first Beacon Centers opened in 1996, serving the Visitacion Valley and Mission/Noe Valley neighborhoods. Since that time, we have established six other Beacon Centers, and have served approximately 6,000 youth and adults throughout the city.

The eight Beacon Centers represent an extraordinary collaboration of young people, parents, school staff,

community providers, and city agencies that have transformed school facilities into vibrant community centers that reflect the diversity of our communities. Walk into the Chinatown Beacon Center and you will see parents and children engaged in language classes, or step into the Western Addition Beacon and observe an African dance class. Beacon Centers not only provide materials critical to the educational needs of our youth and adults, but they also reflect the many talents and experiences San Franciscans have to offer.

Medication Can Help With Weight Loss

(NAPS) There's bad news, good news and better news about fat in America.

The bad news is, nearly 100 million American adults are considered overweight or obese. Among adults, the incidence of obesity increased from 25 percent to 32 percent in just the past ten years. Some experts believe obesity will soon reach epidemic proportions.

According to the Journal of the American Medical Association, obesity-based conditions contribute to 300,000 deaths every year, second only to smoking as a cause of preventable death. One-third of all cases of high blood pressure are associated with obesity and people who are seriously overweight are 50 percent more likely to have elevated blood cholesterol levels. There's some evidence that being overweight can lead to diabetes, as well. Overweight people are more likely to die of colorectal, prostate, endometrial, gallbladder, cervical, ovarian and breast cancers than are people who are not overweight.

The good news is, losing weight may not be as difficult as many people fear. Reasonable goals of a pound or two a week; a balanced, sensible but not radical diet, and a moderate exercise program, may be all you need to lead you to the weight you want.

The better news is that for people who need further assistance, doctors can now prescribe a new kind of weight loss medication that blocks the body's ability to absorb dietary fat.

In clinical trials, people who took the medicine, called Xenical, experienced an average weight loss ranging from five to ten percent of initial body weight over a year.

Xenical is a fat blocker that acts by hindering the body's absorption of approximately 1/3 of dietary fat. Unlike other anti-obesity agents that work in the brain to suppress appetite, Xenical works in the gastrointestinal tract and does not require entry into the brain or bloodstream.

Xenical is for patients who are diagnosed as 30 percent above ideal weight, as well as for patients who are 20 percent above ideal weight and who also have high blood pressure, high cholesterol, heart disease or diabetes. Gastrointestinal symptoms are the most common side effects from Xenical. These effects are mild and diminish with time and by eating a reduced calorie diet containing no more than 30 percent of calories from fat.

Your doctor can help you determine your body mass index (BMI) by dividing your weight by your height. A BMI greater than 25 means that you may be overweight and could have a greater risk of developing some of the conditions associated with obesity such as high blood pressure, heart disease and diabetes. Obesity is defined as the point at which a person's BMI ratio is 30 or greater, or 27 or greater for those with one or more risk factors such as high blood pressure, high cholesterol, or diabetes.

Your doctor can determine if you need to lose weight and can advise you on the best way to do so.

Gas Fireplaces a Remedy for Woodburning Pollution

by Will Taylor, Public Information Officer, Bay Area Air Quality Management District

It's wet and cold outside. Imagine coming home after a long day and conveniently lighting a fire simply by pushing a button or clicking a remote control--and that's it! No wood to haul, no kindling to prepare, no waiting for the fire to catch and no sooty clean-up.

If this sounds nice and inviting, consider investing in a natural gas fireplace. Not only will you save time and energy, heating with a gas fireplace is cheaper--saving, at minimum, \$20 over each cord of wood.

Peace of mind also comes with this convenient, cost-saving beautiful alternative. Heating your home with a gas fireplace reduces woodsmoke pollution both inside your house and all around your neighborhood.

Woodsmoke pollution is a great concern because it contains fine, invisible particles that can be lodged deep in lung tissue. According to the American Lung Association, many of these particulates contain cancer-causing compounds. Carbon monoxide, a deadly air contaminant, is yet another byproduct of wood fires that adversely affects our health.

Spare the Air Nights

Woodsmoke pollution is at its worst during cold nights with little wind when surface-based inversions occur. Inversions cause air pollutants to become trapped close to the ground by a blanketing layer of cold air, which is held down by a warmer layer of air above it.

On these nights and the early mornings following them, there is no escaping the choking, noxious smoke. Stagnant pollution is especially critical in the thousands of small dips and valleys that typify many Bay Area residential neighborhoods. In these depressions, the smoke cannot roll uphill to escape and relief only comes after the inversions lift.

As in winters past, the Air District issues *Spare the Air* Night advisories whenever it predicts fireplace smoke and automobile driving will bring about an unhealthy concentration of either fine particulates or carbon monoxide. By heeding the advisory and not lighting logs, fireplace owners take an important action in maintaining public health. Gas fireplaces and inserts are exempted on Spare the Air nights because they emit so little pollution.

Health Risks Prompt Particulate Monitoring

So great are potential health risks from fine particulates that the Bay Area Air Quality Management District, under the guidance of the U.S. Environmental Protection Agency (EPA) has embarked on an expanded fine particulate monitoring effort.

Until now, the Air District has monitored for PM10, the microscopic particulate matter measuring 10 microns and less in diameter. Starting in 1999,

an additional monitoring network has been established to evaluate the concentrations of PM2.5, the very smallest and potentially most hazardous particulate matter.

With a growing recognition of the potential harm from PM2.5 pollution, the EPA anticipates enforcing a new standard a few years from now after evaluatory monitoring is completed.

Model Ordinance Drafted For Woodsmoke Pollution

In an effort to further free the Bay Area of woodsmoke pollution, the Air District and the American Lung Association have embarked on a campaign to get local cities and counties to adopt a model ordinance that would:

- *Prohibit non-EPA woodburning appliances in all new housing, commercial buildings, hotels and restaurants.
- *Ban the use of woodburning fireplaces during *Spare the Air* Nights
- *Outlaw the burning of potentially toxic non-wood fuels such as wood that has been painted or chemically treated, glossy paper, or garbage in fireplaces or stoves.

You can reduce your exposure to particulate matter and reduce fireplace pollution in your home by over 90 percent by replacing conventional wood fireplaces with gas stoves and fireplace inserts. Residents who continue to use conventional fireplaces can educate themselves on how to burn less wood and burn it more efficiently by following the guidelines of the Air District's newly updated Woodburning Handbook.

For a free copy of the handbook, or to get a copy of the model ordinance and learn more about *Spare the Air* Night advisories, call 1-800-HELP-AIR.

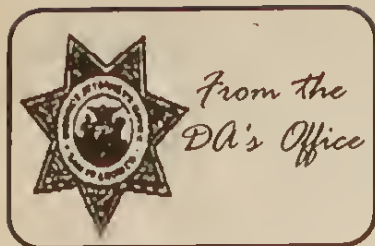
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Last Grapevine of the Century

With this being the final issue of 1999, the decade, the century and the millennium, we'd simply like to wish our readers a Happy 2000 with health and prosperity to all in the new year.
 Len Appiano, Editor
 Visitacion Valley Grapevine



Arrest and Guilty Plea In Elder Abuse Cases

District Attorney Terence Hallinan on Oct. 29 announced that Sylvia Marks--also known as Susie Petersen--had pleaded guilty to a charge of financial elder abuse and that Vilma Peraza had been arrested on similar charges.

Marks was charged with felony abuse after she approached an 89-year-old man at a Safeway store and then, over the course of several weeks, duped him into giving her money by convinced him that she need a liver transplant and cash to buy a house. Marks, apparently, has no such medical needs.

The scheme came to light after the victim's bank got suspicious because the victim was suddenly withdrawing huge sums of money. A bank official reported the matter to police who, after interviewing the victim, realized that Marks was running a scam.

Marks was sentenced to serve two years in state prison on Nov. 10 and ordered to pay restitution.

Meanwhile, Hallinan announced, Peraza had been arrested following an indictment by the San Francisco Grand Jury. Peraza was indicted on seven counts including elder abuse, grand theft, attempted grand theft, forgery and perjury.

The charges against Peraza stem from the theft of over \$200,000 and

the attempted theft of a house belonging to an 83-year-old man who had since passed away.

Peraza was taken into custody pending a \$250,000 bail.

Ex-Employee Charged With Theft of Hi-Tech Components

District Attorney Hallinan's office has charged a former employee of Nikon Precision, Inc. with six felonies for engaging in trade secret theft by stealing high-tech components worth at least \$500,000.

Takehiko Tsurukawa surrendered to DA investigators and was charged with the crimes that he allegedly committed while working as an employee of Nikon from 1991 to 1997.

According to investigators, Tsurukawa stole the sophisticated electronic components from the company and then altered the computer records to conceal the thefts. He also crated a shell company that contracted to repair Nikon electronic components at highly inflated prices, as well as stole and disseminated Nikon trade secrets.

Tsurukawa now faces two counts of grand theft, and one count each of receiving stolen property, computer fraud and trade secrets theft. If convicted on all counts he could receive as much as 11 years in prison and \$10,000 in fines.

Victim Services Office Opened in Chinatown

In an ongoing effort to broaden services throughout the city, District Attorney Hallinan on Nov. 23 opened an auxiliary office in Chinatown that focuses on delivering an array of services to victims of crime.

The new satellite office for the Vic-

tims Services Program is housed in the Chinese Newcomers Service Center at 777 Stockton St. The office is the latest in the series of such neighborhood-based programs that have been providing similar services in other communities, including Bayview-Hunters point, the Mission and Ingleside districts.

"These kinds of efforts are extremely important because it not only allows us to better understand a particular community, it also allows that community to better understand us," said Hallinan. "Because of cultural, language and other barriers, many crime victims, particularly of Asian decent, are reluctant to seek the help they need, and instead opt to suffer in silence."

"It is a vital step towards serving crime victims in the Asian community," said Teresa Wu, executive director of the Newcomers Service Center. "We have been working on this for some time--finally the dream has come true."

Natural Medicines May Help Joint Health

by Richard Huemer, MD

(NAPS) What do Oscar-winning actor James Coburn and the Green Bay Packers have in common? Both Coburn and many members of the Packers are taking advantage of natural herbal dietary supplements to take care of their aching joints, tendons and ligaments.

Because *regular* medicines sometimes cause complications or toxic side effects, natural alternatives are becoming an increasingly popular way to promote and maintain a lifetime of healthy joint function and effortless movement.

As the baby boomer generation reaches middle age, it is estimated that up to 80 percent of us will suffer some form of joint disease or discomfort, especially osteoarthritis and joint and ligament damage. The problem is compounded by the fact that boomers will ultimately become the longest-lived generation in history.

That's why natural supplements are so important. They don't have the complications, such as gastrointestinal upset, kidney or liver toxicity, of medical drugs, and clinical studies validate that they work extremely well not only to quell joint pain but also to rebuild the joints.

In the case of Coburn, he found tremendous relief by using a supplement called methyl-sulfonyl methane, or MSM. A rich source of sulfur, MSM helps the body to manufacture collagen to repair its cartilage, tendons, ligaments and muscles. Most people suffer from sulfur deficiency. It's only one of the hidden causes we look at with patients suffering from joint disease. Another great benefit from using MSM, by the way, is softer, younger looking skin.

Meanwhile, many Packers team members are using glucosamine sulfate, a natural substance that helps to rebuild joint surfaces by nurturing

The satellite office is being staffed with victim services workers who speak Cambodian, Vietnamese, Cantonese, Mandarin, Chou Chow and French. Services include orientations to the criminal justice system, encouraging and aiding victims to talk with police, help with financial losses due to crimes as well as help with referrals to other city agencies and organizations that can offer even more assistance.

Sean Do of the Victims Service Program is the district attorney's chief representative and is a victim advocate having the language skills and cultural sensitivity necessary to help crime victims and their families.

Since March, more than 300 Asian American crime victims have sought advice and aid from the district attorney's Victim Services Program. With this satellite center, community leaders anticipate that an even greater number of victims will take advantage of the district attorney's program.

cells that product glycosaminoglycans. More than 20 clinical studies validate that glucosamine sulfate can help in cases of osteoarthritis of the knees, hips and other areas of the body.

My own patients are receiving tremendous relief from additional nutrients including pantothenic acid (vitamin B5). Moreover, this nutrient seems to work for both rheumatoid arthritis and osteoarthritis. This is important information because so many Americans today are deficient in this key joint nutrient, according to standards suggested by the Food and Nutrition Board of the National Academy of Sciences.

Also known as Curcuma longa, turmeric is a potent anti-inflammatory herb. I have found that turmeric works as well as cortisone-type medications, yet without any complications. My own clinical experience is backed by rigorous scientific studies. In fact, one study found it worked better than phenylbutazone for quelling inflammation!

White willow bark is another natural source of elements that inhibit inflammation-causing substances in the body called prostaglandins. Willow bark is a rich source of salicylate, nature's own aspirin and humanity's oldest, most revered nutrient for maintaining healthy, inflammation-free joints.

To learn more about herbs and other natural methods for supporting your health, particularly in cases of diabetes and other age-related conditions such as prostate disorders, heart disease, cataracts, bone loss and arthritis, you can get The Journal of Natural Health. For a free subscription, call (800) 858-0228, Monday through Friday (except holidays) 8:30 a.m. to 5 p.m. Pacific Time; or see <http://www.whitewing.com> on the Web.

Dr. Huemer is one of the nation's leading herbal experts.

VISITACION VALLEY GRAPEVINE - DECEMBER 1993 - 3

Stamp Collections: What Are They Worth?

by Fred Baumann

(NAPS) What is a complete collection of U.S. stamps worth?

A year ago, America found it when Robert Zoellner offered his collection in a stamp auction in New York City.

Zoellner's album didn't have any empty spaces. In addition, many of the copies of even the most common U.S. stamps were magnificent examples, in the most attractive fresh condition imaginable.

When the dust settled from the three-day sale, the final tally, including commissions paid by the buyers for the 911 lots, totaled \$8,030,863.

Not bad for a hobby kids love.

Some of the highest prices were paid for stamps almost everyone recognizes as rare, like a marvelous copy of the 24 cent "upside-down airplane," the best-known U.S. error, on the first U.S. airmail stamp printed in red and blue.

A single sheet of 100 was bought by a young man in New York City the day after the stamps went on sale in 1918. Every copy of this error known comes from that find, including Zoellner's, which sold for \$211,750.

An unused block of four of the first U.S. 10 cent stamps from 1847, one of only two in existence outside of museum vaults, found a new home for \$143,000.

Early coil stamps, a newfangled tum-of-the-century invention, sold for breathtaking prices, too. One of only five unused pairs of 1902 4c stamps picturing Ulysses S. Grant sold for \$115,000, and the only known envelope with a rare 1908 2 cent Washington coil went under the auctioneer's hammer for \$170,500.

But the highest prices were paid for stamps from an experiment.

In 1867-68, worried that used stamps could have their cancels cleaned and be illegally reused, the Post Office Department tinkered with embossing a grid of tiny steel teeth into each stamp. Ink would penetrate deep into such stamps when canceled, foiling attempts to remove it.

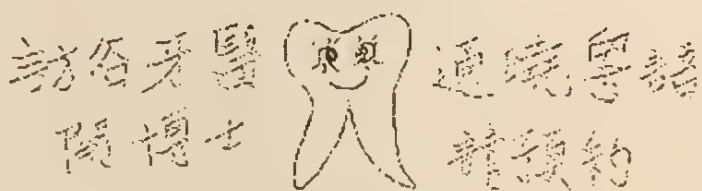
This process left stamps with a pattern, or "grill," and some grills were used very briefly on very few stamps. Of the types known, all were in Zoellner's collection.

One of just four known copies of a rare grilled 3 cent Washington stamp sold for \$170,500. One of only two grilled 15 cent Lincoln stamps with an even rarer pattern made \$209,000.

The climax was a used 1 cent Franklin stamp with a rare grill style, identified as the "Z" grill. Because it is the only copy available to collectors (the other being in a collection left to the New York Public Library), the auctioneers expected that it might sell for as much as \$450,000.

They were wrong. It sold for \$935,000, a record for any single U.S. stamp in a public auction.

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Initiative Educates Consumers About Mortgage Lending

CHARLOTTESVILLE, VA- The U.S. Department of Housing and Urban Development and the Mortgage Bankers Association of America today announced a joint initiative to educate consumers about the mortgage lending process, in a move to help more Americans become homeowners.

Under the joint initiative, known as Passport to Homeownership, HUD and MBA will carry out a consumer education campaign to increase homeownership by helping people better understand all aspects of the home loan process.

HUD Secretary Andrew Cuomo and MBA President Christopher J. Sumner announced the Passport to Homeownership today at the National Homeownership Summit at the University of Virginia in Charlottesville, which was sponsored by the University and MBA.

"Buying a home is the most expensive, most complicated, and most intimidating financial transaction most Americans ever make," Cuomo said. "Some people who could qualify for mortgages don't apply because they fear the process is too hard and fear they'll be turned down. We'll use our education campaign to demystify the homebuying process and end these fears, so we can transform homeownership from a distant dream into a reality for more families."

A key component of the new initiative will explain to consumers how a computerized HUD system known as automated underwriting will evaluate applications for Federal Housing Administration mortgage insurance. FHA is part of HUD.

Cuomo said FHA's automated underwriting system will produce an electronic score card of a prospective borrower's qualifications for a mortgage that will be fully open, transparent and understandable.

"If a person doesn't get FHA insurance, our new system will explain why," Cuomo said. "In effect, FHA's

new automated underwriting system will be like a glass box, exposed to the light of day and public scrutiny."

In contrast, some automated underwriting systems in use today are known as "black boxes" because outsiders aren't allowed to examine their inner workings.

"Our new automated underwriting system will operate more quickly, openly, accurately and fairly to determine a person's qualifications for FHA mortgage insurance, and will help more families become homeowners," Cuomo said.

"The mortgage lending process is too confusing for the average homebuying consumer," Sumner said.

"The MBA is pleased to partner with HUD and Secretary Cuomo in this effort to demystify the mortgage lending process. The core of the HUD-MBA initiative is to empower consumers with the information they need to make educated financial decisions, which will place them in a position to become homeowners."

Under the Passport to Homeownership, HUD and MBA will together spend more than \$1 million on advertising and on brochures written in plain language to tell consumers how they can get FHA

mortgage insurance, how FHA's automated underwriting system works, how to maintain good credit, how to save for a downpayment, and how to successfully navigate through the entire home loan process.

In addition, both organizations will post easily understood information on their websites to make home financing simpler and less confusing. Labor unions and large employers will be asked to cooperate in distributing mortgage information to members and employees.

The new underwriting process will log onto credit databases and perform a computerized evaluation of a homebuyer's loan request, credit history, income, assets and debts to determine if the person qualifies for a mortgage loan--all in just two minutes. The same evaluation process takes about four weeks when performed by a lender without the aid of a computerized credit evaluation program.

After homebuyers get their two-

minute evaluation for FHA insurance, they will be told if they must submit any additional information to verify their income and assets.

FHA's computerized credit evaluation system will not reject any applicants. Instead, consumers not immediately accepted as being qualified for FHA mortgage insurance will be referred to people on the staff of lenders who will further review, analyze and document a consumer's credit qualifications. In addition, all referrals by the system will highlight specific areas of concern that must be corrected in order to achieve an acceptance.

"We won't allow computers to make the final decision denying anyone FHA mortgage insurance," Cuomo said. "An old-fashioned financial evaluation system known as a human being will make that

decision. We'll also explain the reasons for all rejections, because people have a right to know why they were turned down and because we want to help people improve their credit qualifications."

FHA's automated underwriting system is objective and does not take race or ethnicity into account, so it will help ensure that lending practices are non-discriminatory.

With the help of FHA's programs and innovative efforts by mortgage lenders, America's homeownership rate rose to a record high in the third quarter of 1999, with 67 percent of all families owning their homes. A total of 70.5 million American families owned homes in the third quarter--more than at any time in American history. A total of 8.7 million more families owned homes in the third quarter of this year than when President Clinton took office in 1993, when the homeownership rate stood at 64 percent.

However, a homeownership gap continues to divide whites and minorities. In the third quarter of 1999, 73.5 percent of white households were homeowners, compared with 47 percent of black households, 45.5 percent of Hispanic households, and 54.8 percent of other minority households, including Asians and American Indi-

ans.

MBA is a national association representing about 3,100 companies including all elements of real estate finance: mortgage companies, mortgage brokers, commercial banks, thrifts, life insurance companies and others in the mortgage lending field.

FHA has insured more than 6.8 million home mortgages since 1993--including many for minorities and city residents. By protecting lenders from losing money on a mortgage if a homebuyer defaults, FHA mortgage insurance enables consumers to qualify for mortgages they might not otherwise receive. For many consumers, approval of FHA mortgage insurance by lenders using the new HUD automated underwriting system will give them the ability to get the mortgages they need to buy homes.

FHA-insured mortgages benefit homebuyers in these ways:

*Downpayments as low as 3 percent are required--lower than the minimum that lenders require for non-FHA mortgages.

*High downpayments are a major roadblock to homeownership. Homebuyers can borrow closing costs in their mortgages--something often not permitted with many non-FHA mortgages.

*FHA's requirements for homebuyer credit ratings are more flexible than those set by many lenders for non-FHA borrowers.

*FHA permits homebuyers to use gifts from family members and non-profit groups to make their downpayments, while conventional loans generally require homebuyers to come up with downpayments on their own.

*FHA permits a borrower to carry more debt than a private mortgage insurer would allow.

Top Ways to Lose Weight and Feel Great

(NAPS) Its easier than you may realize to look strong, be more fit and shed those extra pounds. To lose weight, many people tend to focus on cutting things out of their lives. Contrary to popular belief, experts say, the best results actually come from adding things to your daily routine.

*Put your feet on the street for a half-hour of running, walking or biking, three or four days a week. Walking to work or during your lunch hour counts.

*Drink water and lots of it. Water will help you drain your system of unwanted toxins that may keep the flab in your body. Consume eight to 12 glasses of water per day.

*Eat more meals. If you make a big deal out of a big meal, try instead to prepare smaller meals, say six a day, to help keep you from becoming too hungry or too full. This may shoot your metabolism into overdrive and help fuel fat loss.

*Fit the fiber into your diet. Fiber can be highly effective in helping you to reach your ideal weight. Recent studies suggest that fiber keeps your body from absorbing excess calories.

*Get strong. Add resistance or strength training to the fitness routine.

Studies show resistance training can increase muscular strength and endurance in men and women by at least 25 percent. It's never too late to start.

*Maintain a healthy diet. Become leaner by lowering your intake of carbohydrates and raising your intake of protein. Eat less bread, pasta, cereal and rice. Consume more low-fat dairy products, skinless chicken, turkey breast, lean beef and whey-based protein drinks.

*You can cheat now and then. If you don't allow yourself an occasional treat, you may not stay on track all the way to next summer.

These helpful tips come from Musclemaster.com fitness guru Bob Myhal, whose Web site and cyclical fitness program have an extensive following.

"Having a great-looking body takes a combination of intensity and intelligence," Myhal said. "But the good news is you can get the maximum effect from your exercise and diet program in the least amount of time simply by remembering a few important techniques."

More fitness information is available on the Web site at www.Musclemaster.com.



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New NASA Track Races Toward Cheaper Trips into Space

Sports cars that speed from zero to 60 mph. in four-and-a-half seconds have met their match: A new high-technology track at NASA's Marshall Space Flight Center in Huntsville, Ala. accelerates a model spacecraft from zero to 60 in less than a half-second—with the flip of an electric switch.

This magnetic levitation—or maglev—track will demonstrate technologies that could dramatically reduce the cost of getting to space. The Marshall Center and industry partner PRT Advanced Maglev Systems Inc. of Park Forest, Ill. have just completed installation of a 50-foot track at Marshall.

A maglev system to launch spacecraft into orbit would use magnetic fields to levitate and accelerate a vehicle along a track at very high rates of speed. Similar to high-speed trains and roller coasters that use high-strength magnets to lift and propel a vehicle a couple of inches above a guideway, a maglev launch-assist system would electromagnetically drive a space vehicle along a track. The magnetically levitated spacecraft would be accelerated at speeds up to 600 mph and then shift to rocket engines for launch to orbit.

"The weight of propellant is a major culprit in the high cost of conventional rocket launches," said Sherry Buschmann, manager of the Marshall Center's launch technologies. "But because maglev uses electricity—an off-board energy source—for launch

assist, the weight of the vehicle at liftoff is about 20 percent less than a typical rocket, resulting in tremendous savings in the cost of getting to space.

"Electricity is both inexpensive and environmentally safe. Each launch using a full-scale maglev track would consume only about \$75 worth of electricity in today's market."

The new, experimental track at Marshall is an advanced linear induction motor. Induction motors are common in fans, power drills and sewing machines, but instead of spinning in a circular motion to turn a shaft or gears, a linear induction motor produces thrust in a straight line. It's basically a rotary motor split in half and rolled out flat.

When the coils of the linear induction motor are energized by alternating current, a magnetic field is created, providing thrust that pushes an aluminum carrier along the maglev track. A horseshoe-shaped carrier containing a 5-foot, 30-pound spacecraft model is levitated about one-half inch above the track as it accelerates at six times the force of gravity.

The track—50 feet long, about 2 feet wide and about 1.5 feet high—is mounted on concrete pedestals. It consists of 10 identical, 5-foot-long segments that weigh about 500 pounds each. Most of the weight is iron used in the motor. The track is shrouded with nonmagnetic stainless steel.

Magnetic levitation of the carrier and its vehicle on the track requires about 200 kilovolt amps of electricity—the equivalent of turning on 2,000 100-watt light bulbs at one time.

Experiments to validate the concept have been conducted successfully on a 20-foot electromagnetic track at the University of Sussex in Brighton, England. Through demonstrations on Marshall Center's track, NASA seems to learn more about aerodynamics, magnetic fields and energy storage devices associated with maglev.

"This new track will help to determine if maglev technologies offer a realistic alternative for reducing the cost of access to space, to help open

Steakhouse Stir-Fry Easier Than Ever

(NAPS) With the fat content of beef today 27 percent less than it was in the early 80s, lean beef can be enjoyed even by people on a heart-healthy diet, according to the National Cattleman's Association. The leanest cuts of beef available are those with loin or round in the name.

Great-tasting beef dishes are easier than ever with Swanson's new Seasoned Beef Broth with Onion. It adds full-bodied beef and flavor without extra fat. It's a real time-saver for people who love the aromatic flavor of slow cooked onions but don't have the time to peel, slice and sauté, and prefer not to add fat.

A savory, quick weeknight dish with great simmered-in flavor is Steakhouse Onion, Beef and Pepper Stir-fry. Lean sirloin and green or red pepper strips are deliciously sauced with Seasoned Beef Broth with Onion, soy sauce and garlic powder. Serve it to your family over hot cooked rice and bask in the compliments.

For a free booklet of 24 easy recipes and tips for cooking with broth, Simply Delicious Low-Fat Recipes with Swanson Broth, call toll-free 1-800-44-BROTH (1-800-442-7682). Also, visit www.swansonbroth.com for cooking tips and recipes.

Steakhouse Onion, Beef And Pepper Stir-Fry

Prep time: 10 min.; Cook time: 20 min.

1 lb. boneless beef sirloin steak, 3/4" thick, 3 tbsp. cornstarch, 1 can (14 1/2 oz.) Swanson Seasoned Beef Broth with Onion, 1 tbsp. soy sauce, 1/4 tsp. garlic powder, 2 cups fresh or thawed frozen green or red pepper strips, 4 cups hot cooked rice, cooked without salt.

1. Slice beef into very thin strips. Set aside. Mix cornstarch, broth, soy, and garlic powder. Set aside.

2. In nonstick skillet over medium-high, stir-fry beef until browned and juices evaporate.

3. Add peppers. Stir cornstarch mixture and add. Cook over medium heat until mixture boils and thickens, stirring constantly. Stir over rice. Serves 4

the door to commercialization and exploration of space," said Buschmann.

A demonstration track measuring 400 feet is planned by Marshall within the next year. "We've known that linear induction motors can produce thrust," said Bill Jacobs, maglev lead engineer at Marshall. "Now, with larger-scale experiments, we want to demonstrate that control can be maintained at high speeds along the maglev track. To limit energy use, we are evaluating methods for distributing power to small sections of the track at a time."

In addition to industry partner PRT, NASA is joining with Lawrence Livermore National Laboratory of San Francisco to develop maglev technologies. The Livermore team is building a track that uses permanent magnets and a linear motor that runs without superconductors or complex feedback circuits.

Maglev is one of many technologies being developed by the Marshall Center's Advanced Space Transportation Program to reduce the cost of getting to space from today's \$10,000 per pound to only hundreds of dollars per pound.

Preparing for Emergencies

(NAPS) Whether its rough weather or the Y2K computer bug that's worrying you, proper preparation can mean more peace of mind.

Both FEMA (the Federal Emergency Management Agency) and the American Red Cross state that the public should prepare themselves, their families, and businesses in case of a disaster.

Suggested items to have on hand: lots of bottled water, flashlights, batteries, emergency clothing, blankets/sleeping bags, non-prescription drugs, sanitary products (toilet paper, soap, disinfectant); dry wood, matches and/or lighter; emergency radio or NOAA weather radio; family documents (bank statements, credit cards, birth certificates); durable cooking and eating tools; first-aid kit, canned/non-cook food, can opener, and a power generator.

Although a generator cannot run all of the electrical appliances and systems in your household or business, it can support some of the most important ones. A generator can power heating, ventilation and industrial equipment including refrigerator or freezer, compressor, lighting, hot plate, water pumps, etc. A welder/generator combination, such as those offered by the Lincoln Electric Company, has the benefit of being a power supply during emergencies and useful throughout the year for home repairs on fences, gardening equipment, lawn mowers and other things for the hobbyist.

The staff at Lincoln Electric says if you've never owned or operated a generator, there are things you need to know:

*Protect your generator and fuel tank from flood and wind damage, including fuel and electrical lines. MAKE SURE EXHAUST IS FED OUTSIDE.

*Maintain an adequate supply of fuel. Your Lincoln distributor should be able to supply you with the generator's rate of fuel consumption, at various power output levels.

*Run your generator once a month and keep fuel and oil checked at all times.

*Do not spill fuel on a hot generator, it can cause explosions. Turn it off and let it cool before refilling.

*Disconnect normal electricity supply by shutting off circuit-breaker before using.

*Do not connect portable generator to buildings main power supply unless you have a special disconnect switch installed by an electrician.

When selecting a generator, look for one that is not only going to cover your power needs, but also offers safety features and other advantages. Be sure to find a generator with necessary items such as an automatic switch-off for low oil, circuit breakers, receptacles for both 120v and 240v, a durable frame and a large fuel tank for its power capacity.

A generator for emergency power, makes your family's or business' chances of pulling through any emergency that much better.

Healthtalk: What is to Blame for Ulcer Pain?

One in every 10 Americans will develop an ulcer sometime in his or her life—probably the one with the high-stress job, spicy-food addiction, and love affair with coffee, right?

Actually, no. In the past, it's true that stress, spicy food and acid were thought to be the major causes of ulcers. In 1982, however, the true cause of ulcers was discovered—a bacterium known as *Helicobacter pylori*. Infection with *H. pylori* is now known to be the cause of more than 80 percent of gastric ulcers (ulcers in the stomach) and more than 90 percent of duodenal ulcers (ulcers in the first part of the small intestine).

Many people, about two-thirds of the world's population, are infected with *H. pylori*, but only a small percentage of infected people develop ulcers. Researchers aren't sure why some infected people get ulcers and others don't. But they do know that treating *H. pylori* infection in a person who has an ulcer can help heal an ulcer and keep it from coming back.

An ulcer is a sore that develops in the sensitive lining of the stomach or duodenum. This lining is normally coated with a layer of mucus to protect it from being damaged by stomach acid. *H. pylori* causes ulcers by burrowing into and weakening this mucus layer, allowing stomach acid to flow through. Common symptoms of an ulcer include cramping, aching, or burning pain that may come and go for days to weeks, occurs 2 to 3 hours after a meal or in the middle of the night, and may either go away or get worse with eating, nausea and vomiting, loss of appetite, weight loss, and bloating and burping.

Some people can have an ulcer with very mild symptoms or even no symptoms at all.

An ulcer is diagnosed with an upper GI series, a test that x-rays the stomach and duodenum. An endoscopy may also be done, an exam where a thin tube with a small light and camera on the end (called an endoscope) is eased through the throat down into the stomach and duodenum. The endoscope takes video pictures and can be used to take a biopsy (tissue sample) for testing. Once an ulcer is diagnosed, infection with *H. pylori* can be confirmed by a blood test, breath test or examination of the tissue sample taken during the endoscopy.

Treating *H. pylori* infection involves a combination of drugs: antibiotic to kill the bacteria, acid-suppressing drugs to inhibit stomach acids, and a medication to protect the stomach lining. Treatment often lasts 2 weeks or longer. People being treated may be tempted to stop taking their medication as soon as their symptoms disappear, usually in a few days, but only a full course of treatment can fully eradicate *H. pylori* from the system. If *H. pylori* remains, the ulcer is likely to come back.

Though the National Institutes of Health released a statement in 1994 confirming that *H. pylori* does cause ulcers, some in the medical community still debate this point. If you are being treated for an ulcer and have not yet been tested for infection with *H. pylori*, talk to your doctor about the reasons why.

Another Season, Another Cold? Perhaps Not This Year

(NAPS) In the United States, the prime cold season lasts from autumn through spring and takes its toll at home, work and school. It probably can't be entirely avoided, but taking careful, regular, preventive steps will help you and your family to reduce the number of illnesses that result from cold viruses.

According to Joe Rubino, microbiologist with Lysol Brand Products, "Colds bring sick days. This means days off not only for children, but for parents and caregivers, who in turn bring the cold virus to their jobs and back home." The result? Loss of productivity at work, school and home.

While there are more than 200 strains of the common cold, Rhinovirus is the leading cause. The average adult gets two to three colds a year, with infants and young children in nursery schools showing the highest infection rates at about 10 to 12 colds each year.

Cold-causing germs like Rhinovirus are spread principally through contact with contaminated hands of a person with a cold, or contact with surfaces and objects touched by these people. The virus is unsuspectingly picked up on the hands and then introduced to the eyes or nose. Rubino recommends the following tips for families to help avoid transmitting the common cold.

*Help prevent the spread of colds by reminding children to cover their mouth and nose when coughing or sneezing and use disposable tissues. Another way to help prevent colds is by keeping the nasal and mucous passages moist. If your child has a cold or fever, make sure she gets plenty of liquids since both colds and fever can cause dryness and dehydration.

*Wash hands frequently and thoroughly with soap and water. Family members should wash hands regularly when at work or school, as well as before eating and after using the bathroom.

*Disinfect with Lysol disinfectant spray throughout the home and workplace, especially on commonly touched surfaces like telephone handles, toys and doorknobs. Rhinovirus can live on some surfaces for up to 24 hours. Disinfecting these and other surfaces can help to kill illness-causing germs.

*Avoid the communal bathroom cup; use disposable paper cups instead.

To obtain additional tips on how to help avoid the common cold, call The Healthy Home toll-free hotline at 1-800-99-LYSOL.

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Baffin Banks Borneo Cuba Devon Ellesmere Great Britain	Greenland Hispaniola Hokkaido Honshu Iceland Ireland Java	Luzon Madagascar Mindanao Newfoundland New Guinea North Island (New Zealand)	Sakhalin South Island (New Zealand) Sri Lanka Sulawesi Sumatra Tasmania Victoria
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Historic Proportions

- Match clues to answers.
1983
1. They won the NBA title on May 31.
 2. On May 24 a 100th birthday was celebrated.
 3. U.S. troops invaded Caribbean island in October.
 4. On Sept. 17 she became the first black Miss America.
 5. Super Bowl XVII winners on Jan. 30.
 6. Tragic bombing of U.S. Marine post here on Oct. 23.
 7. They won the World Series on Oct. 16.
 8. On June 24 she was the first woman in space.
 9. Movie broke opening-day box office record on May 25.
 10. In May it became the first spacecraft to leave the solar system.
 11. Palestinian Liberation Organization forced from here on Dec. 20.
 12. Fourth straight Stanley Cup for this NHL team on May 17.
 13. Eight years of military rule ended here on Dec. 20.
 14. These were declared bogus on May 6.
 15. Political rival of Philippine president was assassinated Aug. 22 at Manila Airport.
 16. After more than 40 years, on Feb. 24 the U.S. Government declared this action a "grave injustice."
 17. They shot down a Korean jetliner on Sept. 1.
 18. Government expelled one million Ghanaian migrant workers on Jan. 30.

Five Years Ago
In the Grapevine

- DECEMBER 1994
- *Visitation Valley neighbors gathered Dec. 10 to clean McLaren Park along Visitation Avenue with a celebration later scheduled in the parking lot of Visitation Valley Middle School (VVMS).
 - *St. James Presbyterian Church held a successful Church Faire in November.
 - *Tiffany Yee, an eight-year-old from Visitation Valley had a dancing part in the Nutcracker.
 - *Visitation Valley Task Force announced its monthly meetings would move to the fourth Saturday of every month beginning in January.
 - *VVMS created its Key Stakeholders in Education Council (Key-SEC) to help the school best evaluate needs of its students, staff and the community.
 - *VVMS also elected a new student council.

Sump, the Grump



Physicians Collaborate
On New Home Heart
Monitoring System

(NAPS) An estimated 20 million people suffer from congestive heart failure (CHF), and a quarter of a million will die from the disease in 1999, according to the American Heart Association.

Fortunately, a new heart monitoring system may help patients monitor the disease in their homes. And by collaborating with heart care physicians on the new device, the manufacturer is already seeing positive results in treating this chronic disease.

Patients often end up in a void between hospital visits regarding their vital signs, such as weight, blood pressure and salt intake, according to Dr. Mandeep Mehra, chief of the Heart Failure and Cardiac Transplantation Section at the Ochsner Heart and Vascular Institute in New Orleans.

"The HomMed system now offers us the opportunity to be able to fill that void in our patient population with the ability to transmit important, vital information to us in the periods that we don't see patients," said Dr. Mehra. The HomMed Monitoring System collects true clinical data on the patient's condition using two main components:

- *HomMed Sentry, which collects and transmits data from the patient, and,
- *HomMed Observer, which receives the data, stores it and presents it to clinical personnel.

Along with adherence to diet, medication and lifestyle changes, the system is believed to have a dramatic effect on this rapidly growing disease, and is considered very simple for patients to use.

Dr. Mehra finds that the monitoring system allows the patient greater awareness and understanding of the disease, as well as empowering them in their recovery, separate from their regularly scheduled hospital visits.

"The traditional format for treatment requires patient education to obtain the information and then transmit the information via telephone contact to our outpatient center," he said. "The HomMed System allows daily transmission of that information that the patient learns to accurately transmit to the actual coordinating center such as ours."

The system takes only three minutes a day to complete. A user-friendly voice announces to the patient at a set time each day that it's time to take vital signs, and guides the patient through the procedure, ensuring timely and complete data entry. The patient initiates only three key touches to collect vital signs, using the following:

- *The monitor, which includes a custom-designed blood pressure cuff that easily slips on with one hand, and finger probe to measure heart rate, systolic, diastolic and mean blood pressure, and oxygen saturation;
- *A digital thermometer which tracks the patient's temperature; and,
- *A digital scale which measures the patient's weight for early detection of fluid buildup.

The system may help decrease recidivism rates for patients, and Dr. Mehra points out that it has benefits for physicians as well.

"We're able to track important vital information on the patient and make adjustments before a pending crisis occurs," he said. "Our hope in the future is that the HomMed Monitoring System will demonstrate marked improvements in reduced hospitalization rates as well as reduce the amount of time that is necessary to see patients in the outpatient setting."

In addition, the system can reduce hospital and HMO costs, running as little as \$6 per patient, per day for patients to directly collect their vital signs. Since CHF is a chronic disease, patients spend more time with the disease than physicians do treating them.

Dr. Mehra said it's important for the patient to be an active partner in managing their condition. "The HomMed System empowers patients to do just that. It is unique in that it's a very, very easy system for patients and

physicians to use." HomMed LLC, a leader in home monitoring for disease state management, is headquartered in Brookfield, Wisconsin. To learn more, visit the company's website at www.hommed.com or call 1-888-353-5440.

Americans Planning To Celebrate In Style

(NAPS) For millions of Americans, ringing in the year 2000 will be the epitome of all New Year's celebrations. A recent survey from sparkling winemaker, Domaine Ste Michelle, and an independent research firm found that Americans plan to usher in the 21st century with more stylish parties than ever before. With the majority of people planning in-home galas, celebrants indicated that family, friends, and plenty of sparkling wine play a major role this year as they spend more money and anticipate more stylish blowouts.

The survey also found that:

- *89 percent of respondents expect to buy champagne for their millennium celebration. In addition, people plan to buy 70 percent more bubbly (2.4 bottles, compared to the traditional 1.4 bottles) than in previous years.
- *Two-thirds of respondents feel that champagne is a must for their celebration. If they got to a party where there was no sparkling wine, 17 percent would leave for a "better" party. Meanwhile, 77 percent would bring sparkling wine as a party gift.
- *81 percent of Americans plan to spend New Year's with family, friends or both. In fact, 94 percent feel that the most important memories of their celebration will be with whom they spend it.
- *64 percent of respondents said celebration location is important, with most planning focused on stylish, in-home galas, 49 percent in own home, 26 percent in a friend's.
- *58 percent of respondents expect to spend more on decorations, refreshments, travel and clothing this year, an average of \$168 more on this year's party than on other affairs.

The millennium celebration survey was conducted by Domaine Ste Michelle and Impulse Research.

Educational Program For Cancer Survivors

(NAPS) More Americans are surviving cancer than ever before. In fact, the five-year survival rate for all cancers has increased by almost 10 percent since the early 1980s. Yet, survivors are often unprepared for the challenges of living beyond the disease, and frequently face a host of physical, emotional and financial challenges.

Recognizing that the most important tool a cancer survivor can have is education, the National Coalition for Cancer Survivorship and the Leukemia Society of America have launched *Cancer: Keys to Survivorship*. This is the first nationwide program that aims to empower cancer survivors through education.

The program teaches survivors to advocate for themselves in four main areas: self-empowerment, communication with healthcare providers, workplace concerns and health insurance issues.

Survivors practice being proactive rather than reactive about their health, find ways to lead a healthier lifestyle and maintain a positive attitude. They also learn how to better prepare for doctor visits, obtain more information about their illness, and actively express concerns about fatigue, pain and other cancer side effects.

Further, survivors acquire useful financial skills, including how to appeal denied insurance claims, and learn what steps to take if they feel an employer has discriminated against them because of a cancer diagnosis.

The *Cancer: Keys to Survivorship* program is free. Individual sessions feature guest speakers, including legal advocates, health educators, social workers and other experts. Participants also receive a copy of *A Cancer Survivor's Almanac: Charting Your Journey*.

Participants can take part in the program by calling a local chapter of the Leukemia Society, or 1-800-955-4LSA. The program is available through a grant from Ortho Biotech Inc., a Johnson & Johnson company.

Drinking Black Tea
May Help Maintain
A Healthy Heart

(NAPS) According to an important new study recently published in the Archives of Internal Medicine, women in the Netherlands who drank only a few cups of black tea per day had a significantly reduced risk of severe atherosclerosis, a key factor contributing to coronary heart disease. The authors of the Rotterdam Study titled *Tea Flavonoids May Protect Against Atherosclerosis* concluded that the "data provide evidence for a protective effect of tea drinking against severe atherosclerosis, especially in women." Further investigations into the mechanisms that explain the protective effect of tea flavonoids in the cardiovascular system are warranted.

In the study, drinking black tea was associated with a more than 50 percent reduction in severe atherosclerosis risk among women who drank one to two cups daily. Women who drank more than five cups of black tea daily had the lowest risk of severe atherosclerosis. The study also showed a trend toward a similar effect in men.

"The Rotterdam Study results are especially exciting for women, who are frequently looking for simple, positive steps they can take to help improve their diet," said Georgia Kostas, MPH, RD, nutrition director, The Cooper Clinic, and author of *The Balancing Act: Nutrition and Weight Guide*. "This research is also particularly interesting for women in the United States, where coronary heart disease is the leading cause of death among women. Adding a few cups of regular or decaffeinated black tea to a balanced, daily diet can be an easy way to help maintain a healthy heart."

Atherosclerosis is a disease of the arteries that occurs when fatty material (plaque) accumulates under the lining of the artery wall. Over time, this buildup can restrict blood flow, resulting in serious health problems, such as coronary disease, which can cause heart attacks. In fact, one-half of all coronary heart disease deaths result from complications of atherosclerosis.

"The Rotterdam Study offers promising new evidence for the beneficial effects of black tea flavonoids, especially in women," said J.M. Geleijnse, PhD, affiliated with the Department of Epidemiology and Biostatistics, Erasmus University Medical School (Netherlands) and a lead author in this analysis of the Rotterdam Study. "According to our preliminary research, the antioxidant flavonoids in tea may help maintain a healthy heart by inhibiting blood clotting and improving vascular function."

"Even after we adjusted for diet and lifestyle factors that play a role in heart disease, black tea's role in reducing the risk of severe atherosclerosis in women persisted," Geleijnse added.

This analysis of the Rotterdam Study, which was supported by the Netherlands Prevention Fund and Unilever Research, is one of several studies indicating that tea drinking may play a positive role in a healthy diet. Emerging research suggests that the flavonoids in black and green tea may help neutralize free radicals to help maintain healthy cells and tissues. While these studies are promising, more research is needed before any definitive conclusions can be drawn.

"Even as we await additional research results in this area, there are still many reasons why people should include tea as part of a healthy lifestyle," said Douglas Balentine, PhD, manager, Lipton Beverage Research. "Unlike some flavonoid-rich beverages, unsweetened, fresh-brewed tea, both black and green, hot or iced, is 100 percent natural, has no fat, calories or sugar, and contains about half the caffeine found in a comparable cup of coffee."

Consumers and health professionals can learn more about tea's potential health benefits by calling the Lipton Tea & Health Information Center at 1-888-LIPTON-T (1-888-547-8668), toll-free, weekdays 8:30 am-6:00 p.m. ET.

Regulating Handguns As Consumer Product

Regulating automobiles as a consumer product has led to myriad safety features that have helped reduce injuries and deaths from vehicle collisions. Would extending the same sort of regulatory approach to firearms result in similar cuts in injuries and death?

UCLA violence prevention researcher Susan B. Sorenson outlines the broad public support for just such a proposal and some of the safety features that might make handguns safer in a policy forum in the Nov. 19 edition of the journal *Science*.

She reports that about three-fourths of Americans in a recent national poll favored creating government safety regulations for handguns, including 70 percent of the handgun owners surveyed. That compares to support for suing gun manufacturers--a strategy adopted by many cities nationally--from just 37 percent of those surveyed.

"Creating federal safety standards for the design of firearms as a means to reduce deaths and injuries caused by handguns is one approach that has the broad support among Americans," said Sorenson, a professor at the UCLA School of Public Health. "The approach is popular even among those groups traditionally perceived as being opposed to any limits being placed on firearms." Government safety regulations do not cover handgun design, even though firearms are the second leading cause of injury death in the United States. In 1997, 32,436 persons died from firearms, compared to the 43,458 persons who died as a result of motor vehicle crashes.

"The question is whether a design approach to firearms, analogous to those applied to motor vehicles, medication packaging and other consumer products, will reduce firearm-related deaths," Sorenson said. "It certainly seems to be technically feasible to create a safer gun."

Safer handguns might feature triggers that require a certain grip strength, reducing children's accidental shootings. Gun manufacturer Smith and Wesson marketed a *childproof* handgun using this principle over a century ago, Sorenson says.

Another possibility involved personalizing firearms so the use of a fingerprint, transponder or other mechanism, a gun would limit who can fire a gun. Both Colt's Manufacturing Co. and Fulton Arms, Inc., two leading manufacturers of handguns, have said they plan to market personalized firearms in the near future.

Personalized handguns could help prevent handgun shootings by adolescents, who cannot legally own a gun but who are more likely than their older counterparts to use a firearm in the commission of a suicide or homicide, Sorenson says.

The regulation of handgun design could be assigned to an existing federal agency, logically the Consumer Product Safety Commission,

Sorenson says. Or a new agency akin to the National Highway Traffic Safety Administration could be created to oversee gun safety.

Regardless of the form of regulation, the approach has wide support from the American public, according to the findings from a random telephone survey of 1,204 adults from all 50 states conducted in September through November of 1998.

Although most of the participants believed that government "does too many things" and that most government programs are not effective, support for creating first-ever government gun safety regulations was high among all groups.

Strong backing was found for making firearms child proof (88 percent) and for personalizing handguns (72

percent). About 75 percent of the public supported congressional hearings on the firearms industry, similar to hearings conducted to investigate the tobacco industry.

A slight majority of those polled (56.5 percent) favored a ban on inexpensive handguns known as Saturday Night Specials, but support dropped off sharply for the idea of banning handguns except among police and other authorized persons (38.5 percent).

Funding for the survey and analysis were provided by the Joyce Foundation to the Johns Hopkins Center for Gun Policy and Research at the Johns Hopkins School of Public Health, and the National Opinion Research Center at the University of Chicago.

Join Together Online

Are You Getting Enough Vitamins?

by Dr. Art Ulene

(NAPS) If you eat a normal diet and make sure your vitamin consumption meets the government's recommended levels, you get all the nutrients you need for good health, right? Well, not quite.

Recent research reveals two nutrition gaps that most Americans must close to prevent disease and achieve optimal health:

- 1. There's a large gap between the amount of vitamins the government recommends and the amount most people actually get from the food they eat.
 - 2. There's another surprisingly large gap between the minimum amount of vitamins and minerals the government recommends you get and the optimum levels of these nutrients that recent research shows you need.
- That may be why many health-conscious Americans are turning to supplements to help improve their nutrition, though it can be bewildering trying to decide how much of what one should take.

A single multivitamin may not be enough. Based on the current research, it could take a pill too large to swallow to meet your needs!

One useful solution is the *vitamin pack*, an individually wrapped package containing several pills for a full

day's supply of many nutrients. Packs can be an excellent option for people with busy life-styles and for frequent travelers. What's more, the packs can be geared to the specific health needs of each sex.

For instance women need higher levels of calcium and vitamin D to promote bone health, but men need more zinc for prostate health and more vitamin B1 for muscle mass. Look for vitamin packs that are clearly labeled "for women" or "for men" and take the guesswork out of buying and taking vitamins.

Whatever supplements you use, remember that they will never compensate for a poor diet or an unhealthy lifestyle. Good food should always provide the foundation for your nutritional program.

Dr. Ulene is a medical journalist who's added his expertise to the creation of Dr. Art Ulene's Nutritional Formulas, dietary supplements

How to Avoid Aggressive Driving

(NAPS) A new study has found that more than half of Americans consider tailgating and running yellow lights to be aggressive and dangerous, yet in a recent study, more than half (56 percent) admit to doing those things.

While aggressive driving can pose problems for drivers, there are ways to protect yourself while on the road.

Following simple safety tips, including planning ahead, obeying the speed limit, and driving courteously so as not to incite aggressive behavior, is one way to play it safe on the road. A full listing of safety tips is included in *Nerves of Steel*, a brochure available on TheSteelAlliance website at www.thenewsteel.org.

But it's not just how you drive, it's what you drive. Achieving total security on the road also means choosing a vehicle with safety in mind. Each year, numerous lives are saved because of the strength and rigidity steel auto bodies offer. And for decades, auto makers have relied on it to design even safer vehicles.

For instance, designers are now using higher-strength, lightweight steel to construct safety cages, side-impact beams and panels. These steel components are designed to protect passengers by absorbing energy from crashes. Other critical safety elements are steel bumpers and steel-enhanced suspension systems.

"Steel panels, safety cages and side-impact beams offer passengers security and peace of mind because they are made with a high-strength material that actually gets stronger under pressure," says Mark Stephenson, president of TheSteelAlliance. In fact more than three fourths of survey re-

VISTACION VALLEY GRAPEVINE - DECEMBER 1998 - 7
spondents cited steel parts as effective safety components of their vehicles.

Grapevine Want Ads

SOCIAL SERVICES WORKER wanted. provides short-term casework services and assistance in transition and form-completion to seniors in Vistacion Valley/Excelsior/Portola \$25-30K plus benefits. BSW/BA with 1 yr social srv exp; bilingual in Cantonese. Resume. Betty Fung, Self-Help for the Elderly, 407 Sansome, SF, CA 94111 or fax (415) 296-0313. ATTENTION: OWN A COMPUTER? Put it to work! 1-888-261-1949; \$25-\$75 PT/FT VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Vistacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator. (415) 330-8557. A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library children's books and magazines; small children's furniture, writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnysdale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials. BEEN THERE...DONE THAT! The Vistacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work-Job Readiness Training." Classes are conducted by sensitive community trainers from Vistacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877. ADVERTISING IN THE GRAPEVINE for Display: Full Page \$150; 1/2 Page \$80, 1/4 Page \$45; 1/8 Page \$25; 1/12 Page \$15. Discount for three or more insertions. Call (415) 467-9300 for more details. Want Ads: 20 words for \$1. Extra line 50 cents. Mail ad and payment by last day of prior month to Vistacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AUTOMOTIVE

BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
GARAGER BY TOPRACING, 130 Leland Ave. 333-5938
MR. CLEAN'S CAR WASH (Morton Bradley, detailing) 2501 Bayshore Blvd., 468-8831
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS

DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS

ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
McCALLS FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicure), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077

TAMMIES HAIR DESIGN, 3664 San Bruno Ave., 330-9536

BLIND CLEANING

SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506

BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPER

VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CHURCHES

CHURCH OF THE VISITACION, 655 Sunnysdale Ave., 239-5850
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING

SPONA (designer fashions, Delores Logan) 9 Leland Ave., 239-9631

ODONTIST

VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland St. Ave., 239-5500

DEVELOPERS

GENEVA VALLEY DEVELOPMENT CORP., 333 Schwern St., 587-7895

TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676

DISTRIBUTOR

PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

FINANCING

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

FLORISTS

CUPIO FLORIST, 36 Leland Ave., 585-7766
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2636 Bayshore Blvd., 239-5990

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E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3674 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnysdale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800

SAM'S OELJ & LIQUOR, 25 Leland Ave., 239-7183

SARI-SARI FOOD STORE, 58 Leland Ave., 239-7183

7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646

SHIRELS GROCERY AND FLOWERS, 1401 Vistacion Ave.

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TAUTUA MO OE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509

TEDDY'S MARKET, 298 Teddy Ave.

VALLEYSUPER MARKET, 65 Leland Ave., 239-7520

HAIR PRODUCTS

JADE HAIR PRODUCTS, 160A Leland Ave.

HERBS

KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751

SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave.

CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467

COIN WASH & ORY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418

LELANO AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

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3N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

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VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY

VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH

M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LODGING

THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

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AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnysdale Ave., 584-3620

HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwern St., Appointments 715-0310

PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

ORGANIZATIONS

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnysdale Ave., 584-4044

JOHN KINING SENIOR CENTER, 590 Leland Ave., 239-6233

LELANO HOUSE, 141 Leland Ave., 405-2000

SENIOR CENTRAL DISTRICT, 766 Raymond Ave., 330-1789

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

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VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

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VISITACION STATION U.S.P.O., 68 Leland Ave., 239-7520

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MIRACLE CHILD (reader and advisor, palm, tarot, aura, confidential readings) 161 Leland Ave., 585-2192

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G & L BAKERY AND RESTAURANT, 196 Leland Ave., 239-6283

HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686

HSUNKUANG RESTAURANT (Chinese), 30 Leland Ave., (587-2763)

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252

SHIRELS SOUL FOOD, 107 Leland Ave., 239-5141

TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

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DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

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VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES AND TRAINING (VV.BESS), 120 Leland Ave., 586-7347

VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400

VISITACION VALLEY FAMILY SUPPORT CENTER, 251 Schwern St., 469-2120

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ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

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OLIVIA'S PLACE, 2600 Bayshore Blvd., 239-7711

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San Francisco City Services

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ANIMAL CONTROL (stray, abused, dangerous animals).....	554-6364
BUS SHELTER DAMAGE.....	882-4949
CHILD COUNSELING SERVICES (Huckleberry House).....	621-2929
CITY TREES (trimming).....	695-2162
CRIME-STOPPERS (anonymous crime tip line).....	1-800-2GIVEINFO
DOMESTIC & FAMILY VIOLENCE (WOMAN Inc.).....	864-4722
DPW (street trash).....(days) 695-2017, (nights/weekends) 895-2020	
EMERGENCY SERVICES (provide location and complete descriptions).....	9-1-1
EMERGENCY SERVICES (non-published number for cell-phone).....	553-8090
GARBAGE SERVICE COMPLAINTS.....	255-3610
GRAFFITI CLEANUP (DPW).....	241-WASH
GRAFFITI SUSPECT INFORMATION (leave message).....	553-1603
INGLESIDE STATION.....(Anonymous tip line: 333-3433).....	553-1603
LELAND AVENUE RESOURCE CENTER.....	585-2675
MAYOR'S OFFICE.....	554-7111
MAYOR'S OFFICE OF NEIGHBORHOOD SERVICES.....	554-6110
McATEER HIGH SCHOOL ANONYMOUS CRIME TIP LINE.....	437-4986
NARCOTICS TIP LINE (anonymous).....	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT).....	553-1200
POLICE (non-emergency).....	553-0123
POTHOLE REPAIR.....	695-2100
SAFE (forming neighborhood watch groups).....	673-SAFE
STREET LIGHTING CITY (out of order).....	554-0730
STREET LIGHTING PG&E (wood poles).....	693-3201
SUNNYSDALE RESOURCE CENTER.....	586-7572
TRAFFIC SIGNALS (out of order).....	550-2736
TRAFFIC ENGINEERING (to request new traffic control sign/device).....	554-2300

A Journey Through The Holy Land

From Page 1

expressed confidence that "all will and well" in Israel and the rest of the world with the advent of the year 2000.

Tourguide Miki Raven steadfastly dealt with questions thrown at him more in solid logic than along national pride or religious background and leanings. From all indications, he was more well-versed in the Holy Bible, including the New Testament, than any of our group of 21 from the United States. It goes without saying that his knowledge and application of the Torah and the Koran were just as immeasurable as the Holy Bible of the Christian world. He never got emotional or mumbo-jumboish when the Christian faith and Judaism got in the way of questions and answers on this-or-that particular site, event, or biblical verse.

My group and I were picked up at the airport in Tel Aviv at dusk by Miki and our bus driver Oren. We spent our first night in a Natanya hotel where cold snacks were waiting for us. (Natanya, by the way, was the site of a bomb explosion which injured 18 people shortly after we had been bussed away to another hotel on Nov. 6.)

Those familiar with such Old Testament personalities as Abraham, Isaac, Jacob, Joseph, Moses and Joshua know at heart the significance of the little town of Bethlehem where Jesus Christ was born of the Virgin Mary, and Jerusalem where humankind's Savior, Lord and Master was tortured, crucified and resurrected to Heaven. But there's more than meets the eye of even the most avid reader of the Holy Bible or the most sophisticated theologian.

The small country of Israel which became one of the world's established nation's on May 14, 1948 by virtue of a United Nations-sponsored resolution, is rich in physical evidence to support every word, verse, paragraph, passage and book in the Holy Bible of the Christian world.

Israel's most distant and relatively recent past have been slowly yet methodically brought to light by archaeologists, biblical scholars, social scientists, and student of the Bible and religion. Archaeologists started their serious digging for the ruins from both the Old and New Testament times in 1920 when the Tel Beth-shean archaeological excavations were first carried out. It was in that year when the city of Beth-shean was uncovered. Major excavations have been carried on since

1986 when more and solid physical evidence of more biblical personalities, places and events was found.

What does one find in archeological remains at King David's palace, for example? Or the 14 stations during the last steps made by Jesus Christ on the way to the grotto, or the tumbled Walls of Jericho? or the well of Abraham at Beer-sheba?

One, be they a biblical scholar, an archeologist or a struggling college student, discovers a link between one's faith and the events of the past.

Background on Beth-shean

Settlement of Beth-shean first began in the fifth millennium BC on the Tel rising to the south of the Harod River, in the heart of the fertile area enjoying an abundance of water and located on a major crossroads. (Reporter's note: Remember the Biblical passage on "the land, which is Canaan, is flowing with milk and honey.")

In the late Canaanite period (16th-12th centuries BC) the city became the seat of Egyptian rule. The Israelite tribes did not succeed in conquering Canaanite Beth-shean. After the battle waged at Mount Gilboa, the Philistine lords of Beth-shean displayed the bodies of King Saul and his sons on the city walls. The city, along with Megiddo and Beth-shean Taanach was later taken by King David. Beth-shean then became the administrative center during the reign of King Solomon.

Beth-shean was destroyed in 712 BC with the conquest of the northern part of the country by the Assyrian king, Tiglath-Pileser III. During the Hellenist period, the city of Nysa-Scythopolis was founded. At the end of the second century, the city fell to the Hasmoneans. Its gentile residents were exiled from Nysa-Scythopolis where the population became predominantly Jewish.

The city was once again dominated by gentiles following the Roman conquest in 63 BC. As one of the 10 cities of the Decapolis, it became the most important city in northern Israel.

During the revolt against the Romans in 66 AD, the city's Jewish residents were murdered by their gentile neighbors.

Under the Roman rule when the population consisted of pagans Jews and Samaritans, the city thrived and expanded with magnificent buildings going up, engraved with inscriptions and adorned with statues.

During the Byzantine period, Beth-shean became largely Christian with a 30,000 to 40,000 population. A wall was erected around the city with

churches and monasteries near it.

In the aftermath of the Arab conquest, the city steadily declined in prominence and its inhabitants dwindled. A severe earthquake in 749 AD devastated the city, and the name Scythopolis was forgotten and the place became known as Beisan. A rural settlement was built at the site during the Abbasid period. During the Medieval period, the settlement was concentrated in the city's southern part, and during the Crusader period, a fortress was put up in the east of the destroyed amphitheater.

Under the Turkish Ottoman rule, Beth-shean remained a small settlement.

With the advent of the Israeli nation, Beth-shean began to develop and flourish again.

Beth-shean is just one of the many historical and biblical sites in Israel which prove beyond doubt that the Holy Bible is the Word of God.

One can travel to the Lake of Galilee where Jesus walked on the waters. Mount Tabor, the site of the Transfiguration, as well as the Mount of Temptation where the devil tested Jesus Christ's moral strength. The garden of Gethsamane, the house of Saint Peter at Capernaum, the more than 2000 year-old sycamore tree which tax collector Zacharias climbed to get a better view of Jesus Christ. All of these have links to Beth-shean and other important excavated places, and they are there in the various places in Israel for any tourist or visitor to see and appreciate.

My pilgrimage group which participated in a baptism at the Jordan River and planted a pine tree each at Hadassah Hill a few miles from Jerusalem, jetted from San Francisco on Nov. 4, making a touchdown in the evening of Nov. 5, Israel time in Tel Aviv. We spent 11 days on Israel soil where we managed to enjoy every minute of our time in worship, thankfulness and praising of the Lord for his many blessings. We jetted back to San Francisco on Nov. 16.

Our travel was coordinated by Jenken Tours and Travel of San Francisco. The Rev. Mr. Scott Peterson of the On the Hill Church in Vallejo who joined the group with his wife Elizabeth was the spiritual leader of the group and he was the one who said prayers and other church functions.

Mayor Ehud Almer of Jerusalem, and Israel's Minister of Tourism Amoni Lipkin Shahok issued each of us a certificate identifying us as a Pilgrim of the Millennium.



Travelers to the Holy Land were baptised in the Jordan River.



Everyone stopped for a photograph alongside Abraham's Well.



Surveying the ruins of the stables in Bethlehem

Buttermilk Wraps Up A Popular Meal

(NAPS) Faster than you could say "wrap it up," the latest food fad hit the streets. Flavored tortilla wraps filled with gourmet and ethnic combinations have been popping up in trendy food joints and featured on restaurant menus across America. This handheld food is going mainstream because of its versatility, nutritional value, and ability to roll up a whole meal.

Though wraps are ideal for grabbing on lunch breaks and ordering out, they're fun and easy to make right in your own kitchen. Amy Thompson, nutritionist at Saco Foods, suggests making homemade tortillas for the freshest and most flavorful meal. "Preparing your own tortillas gives you the flexibility of adding fresh chopped cilantro for Mexican wraps or sundried tomato flakes with basil for an Italian wrap. The possible combinations are endless," Thompson says.

As with tortillas, the fillings lend themselves to creative cooking. Chicken salad with buttermilk lime dressing or Tex-Mex beef with Monterey Jack cheese are favorites

among the unlimited options. "The best wraps have fresh ingredients, pleasing combinations, and a balanced assembly. Ingredients should complement each other, contributing to the entire theme of the wrap," Thompson says. "The right amount of spice, crisp greens and tangy sauce can make or break the final result."

With the notion that most any salad or sandwich can be transformed into a wrap, Thompson offers her own tortilla wrap recipe based upon the popularity of buttermilk bread and biscuits. The following Buttermilk Flour Tortilla recipe can also be turned into a dessert. Simply substitute two teaspoons of sugar and one half teaspoon of ground cinnamon for the chopped herbs, and fill with your favorite fruit filling. Wraps put a tasty twist on traditional turnovers.

Grilled Chicken Wraps with

Southwest Buttermilk Dressing

Buttermilk Flour Tortillas: 1-1/2 cups all-purpose flour; 1 tbsp. fresh herbs, chopped; 2 tbsp. Saco Buttermilk Blend; 1/4 tsp. salt; 2 tbsp. canola oil; 1/2 cup warm water.

Mix dry ingredients in food processor. Add oil while pulsing processor. Add water slowly, pulsing until dough forms a ball. Knead for about

1 minute on lightly floured surface. Wrap in plastic wrap and allow to rest for 2 hours. Divide dough into 6 pieces. Roll out 8-inch circles. Cook in large skillet 2-4 minutes on medium heat until brown spots appear. Turn over and cook on other side, approximately 1-1/2 minutes longer. Remove with spatula, stack on plate until ready to fill wraps with filling. If not using immediately, wraps can be frozen for up to 2 months. Fill wraps with desired filling, fold and serve.

Note: Wrap dough can be flavored with other spices when mixed, sundried tomato flakes or ground spices to taste.

Southwest Buttermilk Dressing: 1/2 cup sour cream; juice of one lime; 2 cloves garlic, minced; 1-1/2 tsp. cilantro, chopped; 1/2 cup water; 3 tbsps. Saco Buttermilk Blend; 2 tsp. prepared taco seasoning; 1 tbsp. parsley, chopped.

Combine all ingredients in a jar. Shake until mixed well.

Wrap Filling: 4 boneless, skinless grilled chicken breast halves.

Southwest Buttermilk Dressing: 1 pkg. mixed salad greens; 1/2 cup Monterey Jack cheese, shredded, green onion to taste.

Slice chicken in 1/8-inch thick bite-size slices. Toss greens with dressing. Fill each wrap with 3/4 cup greens, top with desired amount of chicken and sprinkle with cheese and onions. Fold in corners of tortilla and roll.

For a free sample of Saco's cultured Buttermilk Blend, coupons, or more recipes, visit their new web site at www.sacofoods.com, or call the Bake Your Best Hotline at 800-373-SACO (7226) during business hours, CST.

The 6,000,000,000th Baby

(NAPS) Experts at the United Nations pinpoint October 12, 1999 as the birthdate of the six billionth person on earth. They also say the chances are that this infant might not have many happy birthdays to look forward to, since the odds indicate the child will be born into poverty in a developing country. This newborn only has a 50 percent chance of being immunized against such preventable diseases as polio and measles; a 35 percent chance of not having access to clean water and an 80 percent chance of living in substandard housing.

Fortunately, there are scores of individuals and organizations working to create a better future for the six billionth baby.

One such group is Population Communications International (PCI), which works in the developing world producing radio and television soap operas that promote the status of women and girls, sexual and reproductive health, and family planning. PCI's "One in Six Billion" campaign calls on Americans to support international development as a key to reducing population growth rates, and to reduce over-consumption in this country. The honorary chair of the campaign is renowned journalist, Walter Cronkite.

"Today's population growth and consumption levels present social and environmental challenges on a scale previously unknown in human history," says Cronkite. "PCI's One in Six Billion calls on all of us to make the personal and global commitment to creating a better future."

The campaign points out that Americans account for only 5 percent of world population, but consume nearly one-third of all resources used each year and produce 25 percent of the annual volume of waste. In this century, the U.S. population has multiplied three times, but the consumption rate has multiplied 17 times.

Project Receiving Environmental Review

Project Title: 99-151E Sanitary Fill Company Solid Waste Facility Permit Revision
Project Description: at 501 Tunnel Avenue, Assessor's Block 4991/Lots 7,8,9 & 82 in San Francisco County, and Assessor's Block 152, Lots 030, 340 and 220 (partial) in Brisbane, San Mateo County. The Sanitary Fill Company seeks to revise its Solid Waste Facility Permit as follows: i) remove restrictions which prohibit hauling of waste from the facility to Altamont Landfill between 2:00 p.m. Friday and 6:30 p.m. Sunday; ii) increase maximum number of permitted daily vehicle trips by 100, from 1,000 daily trips (existing limit) to 1,100 (proposed); iii) increase daily limit on amount of organic waste handled from 31 tons daily (existing limit) to 300 tons (proposed); iv) enclose the Construction and Demolition debris sort line within 37,000 square foot structure; and v) remove the Household Hazardous Waste Collection Facility from the Solid Waste Facility Permit.

The project described above is being studied by the Office of Environmental Review to determine the potential environmental effects of the proposal. Public comments concerning the environmental effects of this project are welcomed. In order for your concerns to be fully considered throughout the environmental review process, we would appreciate receiving any comments you may have about issue to be addressed in the environmental review by December 15, 1999.

Reviewer Paul Maltzer Phone (415) 558-6391

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